FRIDAY, MAY 25, 1962

#### Warrenion, North Carolina

1/2 cup flour

1 cup milk

1/2 cup sugar

1/8 teaspoon salt

strawberries and

1½ cup sugar

t teaspoon baking powder

A Print and a second second

#### strawberry. Strawberry Cake Pudding HOME DEMONSTRATION CORNER EMILY BALLINGER, County Home Economics Agent garine

ANN KILIAN, Asst. Home Economics Agent STATISTICS STATISTIS STATISTICS STATISTICS S K MARK MARK NO

The home agents announce package. If fresh strawberries the following schedule: must be prepared a few hours Monday, May 28: Epworth- ahead, keep them in a tightly Enterprise Community Club covered container in refrigera-Strawberry Parfait

will meet at 8:0 p. m. at the tor. community building. Tuesday, May 29: Zion 1 Home Demonstration Club will meet at 2:30 p. m. at the home of Mrs. J. W. Arnold.

Wednesday, May 30: Oakville Home Demonstration Club will meet at 2:30 p.m. at the home of Mrs. C. B. Bottoms. Thursday, May 31: Afton

Home Demonstration Club will meet at 2:30 p. m. at the home

It is strawberry time and ed gelatin mixture the whipped lication "Strawberry Delight":

"God could have made a better berry, but doubtless God never did," Dr. Wm. Butler said of the strawberry in the seventeenth century. Many people today agree wholeheartedly with him. Strawberries served with cream or as short cake are hard to beat. There are, however, many delightful ways to serve this luscious fruit.

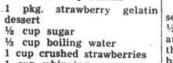
Eat strawberries as a fruit course or on cereal for breakfast. Serve them as an appetizer, or in salads or desserts for lunch or dinner. The flavor and bright color of the fresh berry has been captured in the freezing process to make them a year-round favorite.

Fresh or frozen, strawberries are a delicious way to get your quota of Vitamin C. One scant cup of whole fresh or 3/4 cup sliced, frozen strawberries will give you the amount of Vitamin C needed daily. Most people think that oranges and other citrus fruits are the only source of this vitamin. Strawberrics, cabbage, cantaloupe, tomatoes and many other North Carolina produced foods are good sources of this healh protecting vitamin.

Vitamin C cannot be stored in the body. A fresh supply is needed daily to: aid in healing wounds, to keep gums healthy, strengthen walls of blood vessels and help to fight colds and other forms of infections in the body.

Strawberries lose quickly much of their vitamin C if capped and left exposed to air. If they are to be held a few days, keep the whole berries unwashed and spread out in a container in the refrigerator. This prevents mold. To save value wash and cap berfood just before using and thaw frozen berries in the

. .



1 cup whipping cream or 1 cup evaporated milk Mix the sugar with strawber-

Miss Virginia Wilson, Exten- cream and crushed strawbersion Specialist in Foods and Nutrition, gives the following sert dishes <sup>3</sup>/<sub>4</sub> full with mixinformation in her latest pub- ture. Chill until it sets. Just before serving top with sweet-

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THE WARREN RECORD

ened whipped cream and a MERCHANTS TO HAVE **REGIONAL CONFERENCE** LITTLETON conference of the American Re- ton and surrounding communi- outdoor dinner on Sunday. 3 tablespoons butter or martail Federation will be request- ties.

ed for North Carolina, to be held either this year or next, Paul A. Johnston of Littleton, president of the North Caro-lina Merchants Association, has of Mrs. Lawrence Morris and

1 pkg. thawed, sweetened announced. strawberries or 3 cups fresh Johnston said that the re- table was laden with a veriety gional conference decision was of appetizing foods consisting made at the annual labor-man- of country ham, turkey, dress-

Melt buter in 21/2 quart cas- agement conference of the fed- ing, slaw, corn pudding, string Meit buter in 232 quart cas-serole. Sift together the flour, <sup>1</sup>/<sub>2</sub> cup sugar, baking powder and salt. Add milk and blend thoroughly into casserole with butter. Do not stir. Add the thawed, fozen strawberries. Do not stir. If frosh horrise

Do not stir. If fresh berries



## Around thirty guests attend-

Family Dinner Held

Bobby Critcher on Sunday. The

**Entertain** At Dinner NFERENCE ed from Henderson, Roanoke LITTLETON - Mr. and Mrs. - A regional Rapids, Portsmouth, Va., Little Elliott Isles entertained at an

> The menu consisted of barbecued chicken, slaw, potato salad, congealed salad, pickles, potato LITTLETON - A family deviled eggs, cake, pies and soft drinks

Around 25 attended the dinner and evening of fellowship.

On the North Carolina dairy farm, a cow must produce at

Every day a cow is not with money-in terms of loss of calf after 90 days from calv- milk due to an extended lactaing is costing the dairyman tion.

## ATTENTION FARMERS

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Warrenton, North Carolina

# **To The Voters**

I am asking for your vote and support in the Democratic Primary of Saturday, May 26, basing my request on my record as Coroner during the past eight years, when I have tried to discharge the duties of the office in a conscientious and able manner.

While I have a large family and am handicapped by the loss of one eye and one hand, I work to 12 o'clock each night to support my family, never asking for public assistance.

I feel that I am experienced; I have a telephone and a car and can be reached at either my shop or home any hour of the day or night.

I wish to thank each and every one of you for the fine support you have given me in previous elections, and ask both your vote and support in the May 26th Primary.

Gratefully yours,

N. I. (Shot) HAITHCOCK.